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THE MODERN KITCHEN

A STEP SAVER

Susan Z. Wilder, Extension Specialist



Fig. 1.—Water Center and China Cupboard

CERTAIN PHYSICAL NEEDS must be taken care of if a family is to live happily. The less time and effort required to satisfy these and still have the family life run smoothly, the more time there is for spiritual and cultural development. Too often the mother uses up her strength by working under poor conditions that might be improved by careful planning. "Feeding the family" is a problem in every home. The physical conditions under which this is accomplished have much to do with the result. Study your kitchen and make it serve the best interests of the family.

Use of the Kitchen

The modern kitchen is used for food preparation and serving only. It is rapidly losing its place as a general utility and catch-all room. Compare the modern kitchen with the old fashioned kitchen. The latter is used for food preparation and service, passage way from the back to the front of the house, washroom, hanging wraps, separating the milk,

laundry work, and farm repair shop. If the home is small, the kitchen has to serve many purposes. Too often, the difficulty is not that the kitchen has many uses, but that each problem is not considered as distinct, and planned for accordingly. Whether you are building a new home



Fig. 2.—Well Planned Preparation and Cooking Centers

or remodeling the old, the kitchen problems are practically the same. One of the first things to do is to list the tasks that must be done in the kitchen. Second, decide on the equipment necessary to accomplish each piece of work. Third, group this equipment (large and small); that is, plan centers of work. Fourth, bring these centers together.

Have a Small Kitchen

The size of the kitchen will depend upon the work that is to be done and the fuel to be used. If it is to be a general purpose room, it will have to be large. A coal or wood stove will require greater distances between work centers because the heat is hard to control. When kerosene, gas, or electricity is used as fuel, the kitchen can be comparatively small. Would not any homemaker prefer to have a small, ventilated kitchen? The space that might have been put into the kitchen could be used for a large dining room. A room 10x12 or 12x12 can serve nicely as kitchen and dining room for a family of six. This will necessitate careful arrangement of the large pieces of equipment. When there are a number of extra men to cook for, it may mean the use of another room as a dining room.

Planning the Working Centers

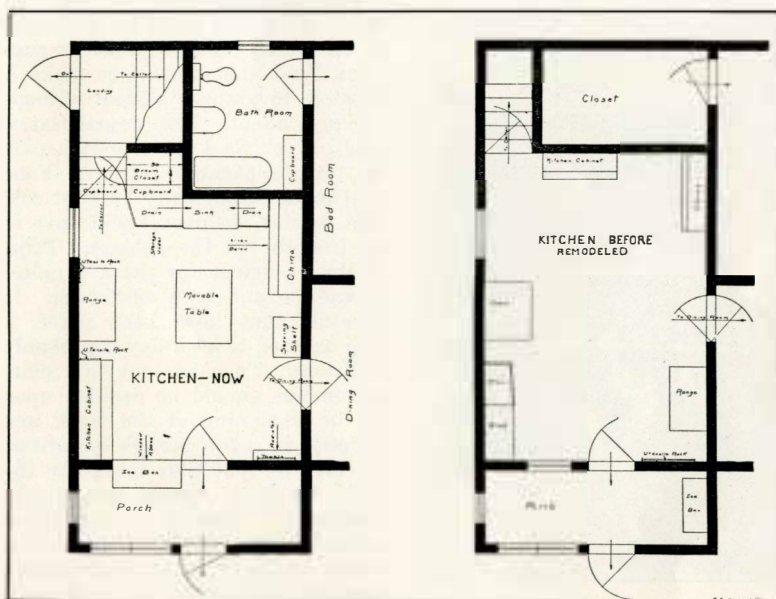


Fig. 3.—Floor Plan of Kitchen In Figures 1 and 2

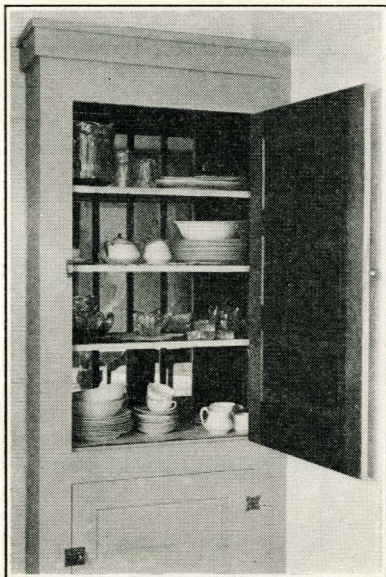
In planning an efficient kitchen, the equipment needed for “feeding the family” (stove, sink, kitchen cabinet and refrigerator, together with small equipment) should be placed as near the dining room door as possible. There are a number of ways that these pieces may be arranged. One plan is to have a continuous working surface. The food is taken from the storage cupboard or refrigerator to the cabinet for preparation. It is then cooked at the stove which stands next to the cabinet. It is “dished up” on to a movable table or wheel tray, to the right or in front of the stove. On the latter, it is taken direct to the dining room. A large tray may be used for carrying food and dishes to and from the dining table. After the meal, the dishes and food are placed on the wheel tray and taken to the kitchen. The food is returned to the refrigerator. The dishes that are kept in the dining room are passed direct into the two-way cupboard above the sink between the dining room and kitchen. Serving dishes are returned to place at the stove. In this arrangement, the sink is located to the right of the stove.

Another plan is to place the sink between the stove and cabinet. If the large equipment is arranged around a corner, the space to travel can be so small that it is possible to stand at one work center and touch the others. The table of the cabinet can then be used in place of the movable table for serving.

If the meals are served in the kitchen, the dining table should be as near the preparation center as possible. If the table is on casters, it can be easily moved about.

Four Kitchen Centers

Preparation center.—Kitchen cabinet, refrigerator, storage cupboard.



Picture by U. S. Dept. of Agr.
Fig. 4.—Two-way Cupboard

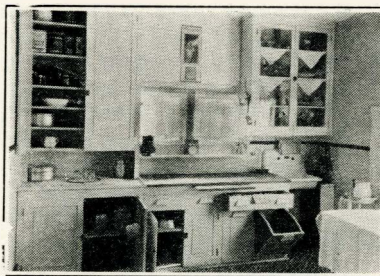
The kitchen cabinet is the center of food preparation. It should at all times contain sufficient supplies, food and utensils to make it possible to prepare a meal without moving about. The refrigerator, cold box or food elevator is a part of the preparation center. Food that must of necessity be kept cold (fat, butter, leftovers) will have to be brought to the cabinet. Trips to the basement for extra supplies should be cut to a minimum. If careful plans have been made, a trip once or twice a day is probably sufficient. To carry out this plan, the menus should be decided upon at the beginning of the week and supplies in large enough quantities to care for that time moved to the daily storage supply cupboards. Continually running to the basement before and after a meal is a waste of energy. Jars of canned products, enough to last one week or two, can always be kept in the storage cupboard. Vegetables and

fruits for the day can be brought from the garden in one trip, cleaned, and stored in the refrigerator or cupboard.

- a. Cabinet.—Raw food supplies—flour, sugar, salt, spices, and flavoring.
Baked supplies—bread, cakes and cookies.
Utensils—mixing bowls, baking dishes, double boiler, measuring cups, spoons, extra kettles, lids and pans.
Records—receipt books, checks, bills, memoranda and pencil.
Dishes—kitchen dishes, silver, serving dishes.
Cloths—dish towels, kitchen hand towels, clean rags.
Miscellaneous—can opener, apple corer, mixing spoon, knives, etc.
- b. Refrigerator.—Cold box or food elevator; food used in preparation—butter, milk prepared foods, leftovers.
- c. Storage cupboard.—Canned products, large amounts of food supplies as sugar, flour, etc., extra utensils.

Cooking center.—Stove, food supplies and small utensils. The cooking center includes the stove and utensils that are used every day. A few food supplies are also kept at this center to save steps. A convenient position for the stove is to the right of the cabinet.

- a. Utensils.—On racks or in cupboard — kettles, pans, skillets, pot lids, teakettle, percolator, teapot, serving dishes, cooking spoons, knives and forks.



Picture by U. S. Dept. of Agr.
Fig. 5—A Kitchen Cabinet

b. Food.—Salt, pepper, sugar, tea, coffee, celery salt, sage, etc.

Water center.—The water center is very closely related to the preparation center because it is here that the vegetables are prepared. Since the sink is the center of the cleaning process, it is considered as a separate unit.

a. Preparation.—Scissors, garbage can, strainer, waste basket, brushes (vegetable) and knives (paring and butcher knives).

b. Cleaning.—Dish drainer, pans, mops, kettle, scraper, mistic mit, scouring brushes, soap, powder, cake, spatula.

Rest center.—Every kitchen, no matter how small, should have a rest center — some place where the homemaker can take a few minutes rest as she waits for the oven and enjoy a rocking chair and a magazine.

Step Savers

1. Running water and sewage system.
2. Good standard equipment, grouped in work centers.
3. Small utensils and food supplies that are used daily grouped at their respective work centers.
4. Useless equipment destroyed (cracked dishes, heavy iron kettles).
5. Equipment kept in repair.
6. A piece of worthwhile equipment added each year (butcher knife that will hold an edge, a steam pressure cooker, etc.).



Fig. 7.—Wheel Tray

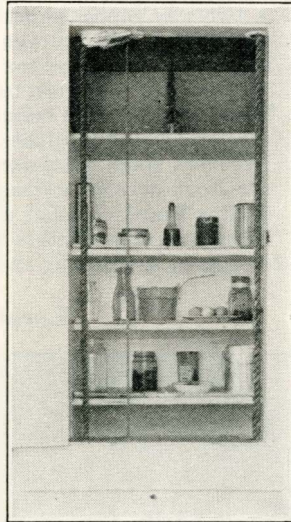


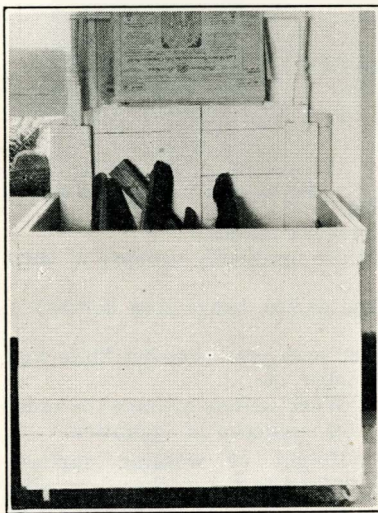
Fig. 6.—Cold storage Dumb Waiter

7. Work centers arranged in order of sequence of operation.
8. Height of working surfaces suited to the worker depending on whether she plans to sit or stand at work.
9. Work centers well lighted.
10. Supply of hooks at every work center.
11. Easily cleaned tops on all work surfaces.
12. Daily used shelves to come within one foot of floor to six feet of the ceiling. Too much stooping and reaching is tiresome.
13. Storage cupboards to the ceiling.
14. Collapsible shelves or folding tables for extra space.
15. Cupboard shelves not too wide, about 12 inches.
16. A series of narrow shelves for supplies in small amounts.

17. Shelves covered with oil cloth or hard varnish finish.
18. A two-way cupboard between kitchen and dining room.
19. Convenient cold storage. Refrigerator, cold storage elevator from basement, or window box.
20. Refrigerator and wood box filled from the outside.
21. Wheel tray or large hand tray for serving.
22. Cleaning closet in kitchen or conveniently located in the back entrance.
23. Excellent small equipment for kitchen such as dish drainer, step-ladder stool, covered garbage pail, waste basket, long handled dust pan, ironing board, calendar and clock.

There are other factors besides well arranged work centers that must be considered in planning an efficient and attractive kitchen.

Location of the Kitchen



Picture by U. S. Dept. of Agr.
Fig. 8.—Wood-Box with Rollers

A northeast kitchen is pleasant. It will have the morning sunshine, which will help the housewife to start the day right. It will be cool during the heat of the day. There will be no sunshine coming into the room late in the afternoon when the evening meal is being prepared. But if the house faces east with the living room on the southeast, the kitchen will have to be in the southwest or northwest. While a southwest kitchen has the sun the greater part of the day, it is easy to make it a comfortable room. A wide porch, trees or vines at the windows will cut off the direct sun. Probably the least desirable place for the kitchen is the northwest. There is very little sunshine in the winter months, and in the summer the heat is intense. A north light is easy to work by. The room can

be made cheerful by using warm colors in wall finish and decoration.

Doors

The number should be small because doors use up wall space and increase the lines of travel in the kitchen. It is probably necessary to have two or three doors, to outside, the basement and dining room. The number of doors in the kitchen can be cut down by using a back hall from which the doors open. If the passage from the back of the house to the front must lead through the kitchen, the food preparation will be interfered with less if the line of travel is across one end or side.

Windows

The purpose of a window is to give light, and a view of the outside world. It is poor planning to have too many or too few. The window area should be one-fourth of the floor area. If the wall space is small, the window area can be increased by placing the windows three to four

feet from the floor with the longest line parallel to the floor. Casement windows that swing out are fine. Tables and sinks can be fitted under them. A glass in the outside door will also increase the window area. No part of the kitchen must be dark. A well lighted work shop always! Often the heat in the kitchen becomes unbearable. To overcome this, the windows should be placed near the corners of the room instead of near the partitions in order to allow for cross ventilation. The homemaker, particularly if on the farm, needs one window from which she can see the barnyard, the garden, and the children's playground. A view of the road or street is a satisfaction to every homemaker. Often the passerby is her only contact with outsiders for days at a time.

Floors and Woodwork

The floors should be easy to clean and keep clean. Linoleum makes an excellent kitchen floor. A plain or small figured linoleum can be used. It can be purchased in any color. It is expensive but will last almost indefinitely. A hard wood floor is good if it is kept in condition. The kitchen should have plain woodwork, no scrolls or fancy mouldings.

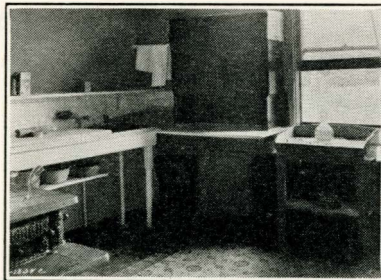
Color in the Kitchen

Cream woodwork with light cream walls or tan woodwork with light yellow walls or soft pink are attractive for north rooms. A south kitchen that has an abundance of sunlight might be done in medium grey woodwork, light grey walls or grey green woodwork with lighter tones in the wall. At best, the wall finish must be neutral.

Since the housewife must spend many hours of the day in her kitchen, she needs bright colors to cheer her up. A contrasting color note may be given by a potted geranium, a window box of plants, cretonne curtains, a picture or a flower garden under the window. To make the kitchen do the greatest service, it must not only be convenient and easy to clean but comfortable and attractive. It must be a pleasure to work in it.

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Picture by U. S. Dept. of Agr.
Fig. 9.—Well Planned Work Centers

Kitchen Score Card

		Perfect Score	First Score	Final Score
Well planned centers of work	60			
Equipment	35			
Placing large equipment in centers.....	10			
Placing small equipment in centers where it is used	8			
Kind — new or in good repair	7			
Height of working surface suited to worker	6			
Easy to clean	4			
Water and sewage disposal	15			
Water (hot and cold, adequate and convenient)	8			
Sewage disposal (convenient and sanitary)	7			
Storage	10			
Convenient	6			
Sufficient storage space.....	4			
Attractiveness	20			
and attractive	7			
Floors and woodwork (easy to clean and keep clean)	6			
Outlook (pleasing)	4			
Decorative features (curtains, pictures and plants	3			
Healthfulness	20			
Cleanliness	8			
Ventilation (cross ventilation)	6			
Light (at least two windows and screened)	4			
Rest center	2			
Total	100			